

All about Progressive Calisthenics
<http://owenjohnstonkarate.com>

Body weight training exercises may be trained progressively by adjusting leverage, range of motion, and positioning. With these in mind, body mechanics, and movement, one may use progressive calisthenics to achieve very high levels of functional, full body strength and coordination. This is primarily because calisthenics use natural movements that act on multiple joints, and force many stabilizer muscles to be used. Lastly, calisthenics help to improve posture, as well as build supple strength and tension in the tendons, ligaments, and joints.

My articles about progressive calisthenics – included in this guide

Program Design for Beginners
Program Design for Advanced Athletes
Calisthenics Exercises using Benches
One arm pullup training
Mobility work – tension flexibility exercises
Methods of progress in calisthenics
Progressive Calisthenics Lifestyle
Progressive Calisthenics for Strength
Ultimate Leg Training
Calf Training
Street Workouts
“Cheat sheets” section

Exercises are also techniques that should be practiced many times and mastered! Short URL to a great article - <http://goo.gl/nxPfzy>

Progressive calisthenics classes, workshops, and tutorials

Do you want to get started and learn cool new skills, as well as how to build strength using natural body weight techniques? If so, head to my classes page and click on “Calisthenics Classes” at the top.

<http://johnstonkarateclasses.com>

If you want to check out my training videos for some tutorials on progressive calisthenics, visit my playlist site and click on “Owen's Training Videos” near the top. I also have another post with plenty of tutorial videos uploaded by other fitness professionals. To check these out, simply click on the link near the top of the page that says “Body Weight Training”.

<http://www.karateplaylists.com>

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Progressive Calisthenics Workshops

Dragon Door, the company who published the Convict Conditioning books, also puts on regularly held progressive calisthenics instructor certification workshops. You can find out more about the workshops at the official Progressive Calisthenics blog that Dragon Door hosts. The blog also has plenty of free articles written by certified Progressive Calisthenics instructors. There is an extensive products section that is linked to at the top of the blog. There are quite a few incredible training books, e-books, DVD's, and more available! The Convict Conditioning books, DVD's, and Ultimate Bodyweight Training Log are among the varied selection.

Official blog - <http://pccblogger.dragondoor.com/>

My blog post about the workshops - <http://goo.gl/QjK4gO>

Also check out my training resources page by visiting the site below and clicking on "Training Resources" near the top – <http://understandingkarate.com>